PLAE

2024

Product Guide

REFUSE SECOND BEST.

Our Vision

To be the global leader in human performance.

Our Mission

We inspire human performance and enable athletes to push the limits of their potential.

We believe empowering our teammates creates natural innovation.

Our history is an evolving cycle of refinement.

As we get better, so does our industry.

Introduction 06

Rack Comparison 08

ICONx Series 10

ICON Series 28

ICON Rigs 44

Storage 48

Adj. Bench 52

Cable Machines 56

Plate Loaded 62

Flooring 68

Case Studies 98

ABOUT US

PLAE exists to inspire human performance through innovative training spaces. We are dedicated to revolutionizing the way humans train through cutting-edge products and educational resources tailored to athletes, coaches and fitness enthusiasts.

Our team of experts approaches each project with custom solutions that address challenges unique to you. By integrating technology with human kinetics, PLAE empowers athletes to push their limits and redefine what's possible.

ICON *vs.* ICONx RACKS

Our strength racks differ purely in their customization and aesthetics options.

The ICONx rack is a customizable system and larger in height, while the ICON rack offers a more simple, modular design. Both racks offer our renowned high-quality solutions for equipment storage and organization, with the choice between them depending on individual preferences and focus on customization.

ICON RACK

Height = 100 inches

Customizable, laser cut grille

Modular by design; using the same crossmembers for the top and bottom of the rack for ease of assembly

Numbered uprights 1-37

Carriage bolt assembly

ICONx RACK

Height = 100 inches

Customizable grille with honeycomb design

Larger grille design space, multi-layered laser cut

PLAE laser cut corner gusset, and middle gussets

Numbered uprights 1-37

Branding underneath upper crossmembers (white or black)

Carriage bolt assembly

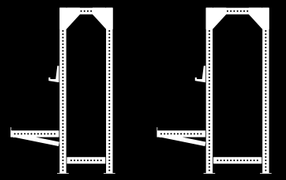
Crossmembers can be a different color than uprights

ICONx SERIES

THE PLAE ICONx is the industry's most customizable rack choice and is a great option for those who value visually-appealing design.

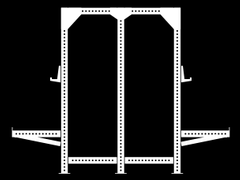
With more options for customization than our ICON rack, this rack can be personalized to suit each customer's specific needs and preferences. Additionally, the larger nameplate allows for more detailed logo design, making it a great choice for businesses or sports teams looking to promote their brand. The rack itself is taller than many other products, providing ample space for users to work out comfortably. The gussets add an extra touch of style and durability, making the product aesthetically pleasing and built to last.

PROFILE VIEWS

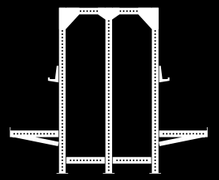


HALF RACK
24

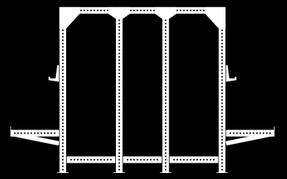
HALF RACK
30



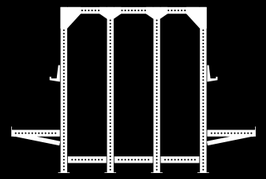
DOUBLE HALF RACK
30, 30



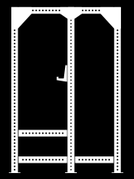
DOUBLE HALF RACK
24, 24



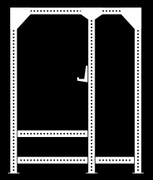
DOUBLE HALF RACK
30, 24, 30



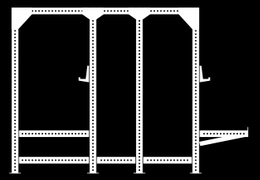
DOUBLE HALF RACK
24, 24, 24



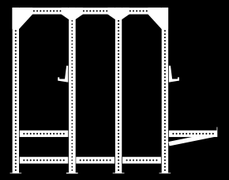
POWER RACK
30, 24



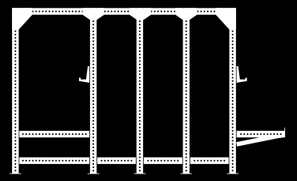
POWER RACK
43, 24



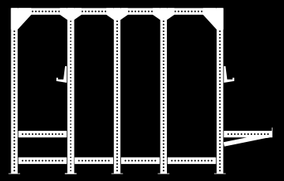
POWER + HALF COMB0
43, 24, 30



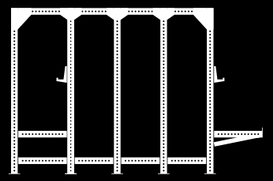
POWER + HALF COMB0
30, 24, 24



POWER + HALF COMB0
43, 24, 24, 24



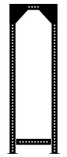
POWER + HALF COMB0
30, 24, 24, 30



POWER + HALF COMB0
30, 24, 24, 24

HALF RACK

24 | With Stability Legs

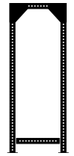


LENGTH	62.5" | 1587.5mm
OUTSIDE WIDTH	53" | 1346.2mm
HEIGHT	100" | 2540mm
NUMBERED UPRIGHTS	1-37
STEEL	3×3, 11 GAUGE
HARDWARE	BLACK ZINC

AVAILABLE IN 15 ARMR COLORS

HALF RACK

30

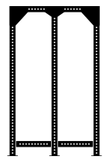


LENGTH	41" | 1041.4mm
OUTSIDE WIDTH	53" | 1346.2mm
HEIGHT	100" | 2540mm
NUMBERED UPRIGHTS	1-37
STEEL	3×3, 11 GAUGE
HARDWARE	BLACK ZINC

AVAILABLE IN 15 ARMR COLORS

DOUBLE HALF RACK

24 | 24

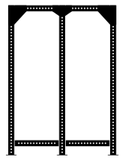


LENGTH	62" | 1574.8mm
OUTSIDE WIDTH	53" | 1346.2mm
HEIGHT	100" | 2540mm
NUMBERED UPRIGHTS	1-37
STEEL	3×3, 11 GAUGE
HARDWARE	BLACK ZINC

AVAILABLE IN 15 ARMR COLORS

DOUBLE HALF RACK

30 | 30

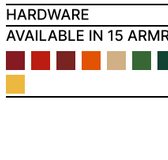


LENGTH	74” | 1879.6mm
OUTSIDE WIDTH	53” | 1346.2mm
HEIGHT	100” | 2540mm
NUMBERED UPRIGHTS	1-37
STEEL	3×3, 11 GAUGE
HARDWARE	BLACK ZINC

AVAILABLE IN 15 ARMR COLORS

DOUBLE HALF RACK

30 | 24 | 30

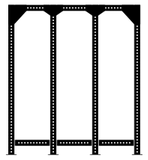


LENGTH	101” | 2565.4mm
OUTSIDE WIDTH	53” | 1346.2mm
HEIGHT	100” | 2540mm
NUMBERED UPRIGHTS	1-37
STEEL	3×3, 11 GAUGE
HARDWARE	BLACK ZINC

AVAILABLE IN 15 ARMR COLORS

DOUBLE HALF RACK

24 | 24 | 24

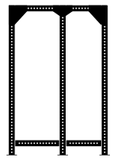


LENGTH	89” | 2260.6mm
OUTSIDE WIDTH	53” | 1346.2mm
HEIGHT	100” | 2540mm
NUMBERED UPRIGHTS	1-37
STEEL	3×3, 11 GAUGE
HARDWARE	BLACK ZINC

AVAILABLE IN 15 ARMR COLORS

POWER RACK

30 | 24

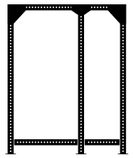


LENGTH	68”| 1727.2mm
OUTSIDE WIDTH	53” | 1346.2mm
HEIGHT	100” | 2540mm
NUMBERED UPRIGHTS	1-37
STEEL	3×3, 11 GAUGE
HARDWARE	BLACK ZINC

AVAILABLE IN 15 ARMR COLORS

POWER RACK

43 | 24

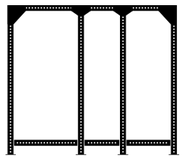


LENGTH	81” | 2057.4mm
OUTSIDE WIDTH	53” | 1346.2mm
HEIGHT	100” | 2540mm
NUMBERED UPRIGHTS	1-37
STEEL	3×3, 11 GAUGE
HARDWARE	BLACK ZINC

AVAILABLE IN 15 ARMR COLORS

POWER + HALF COMBO

43 | 24 | 30

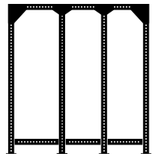


LENGTH	114” | 2895.6mm
OUTSIDE WIDTH	53” | 1346.2mm
HEIGHT	100” | 2540mm
NUMBERED UPRIGHTS	1-37
STEEL	3×3, 11 GAUGE
HARDWARE	BLACK ZINC

AVAILABLE IN 15 ARMR COLORS

POWER + HALF COMBO

30 | 24 | 24

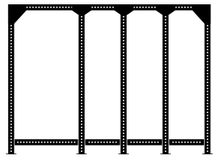


LENGTH	95" | 2413mm
OUTSIDE WIDTH	53" | 1346.2mm
HEIGHT	100" | 2540mm
NUMBERED UPRIGHTS	1-37
STEEL	3×3, 11 GAUGE
HARDWARE	BLACK ZINC

AVAILABLE IN 15 ARMR COLORS

POWER + HALF COMBO

43 | 24 | 24 | 24

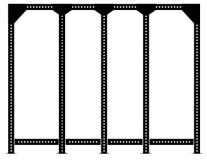


LENGTH	135" | 3429mm
OUTSIDE WIDTH	53" | 1346.2mm
HEIGHT	100" | 2540mm
NUMBERED UPRIGHTS	1-37
STEEL	3×3, 11 GAUGE
HARDWARE	BLACK ZINC

AVAILABLE IN 15 ARMR COLORS

POWER + HALF COMBO

30 | 24 | 24 | 30

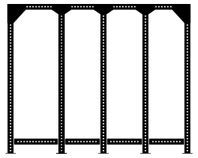


LENGTH	128" | 3251.2mm
OUTSIDE WIDTH	53" | 1346.2mm
HEIGHT	100" | 2540mm
NUMBERED UPRIGHTS	1-37
STEEL	3×3, 11 GAUGE
HARDWARE	BLACK ZINC

AVAILABLE IN 15 ARMR COLORS

POWER + HALF COMBO

30 | 24 | 24 | 24

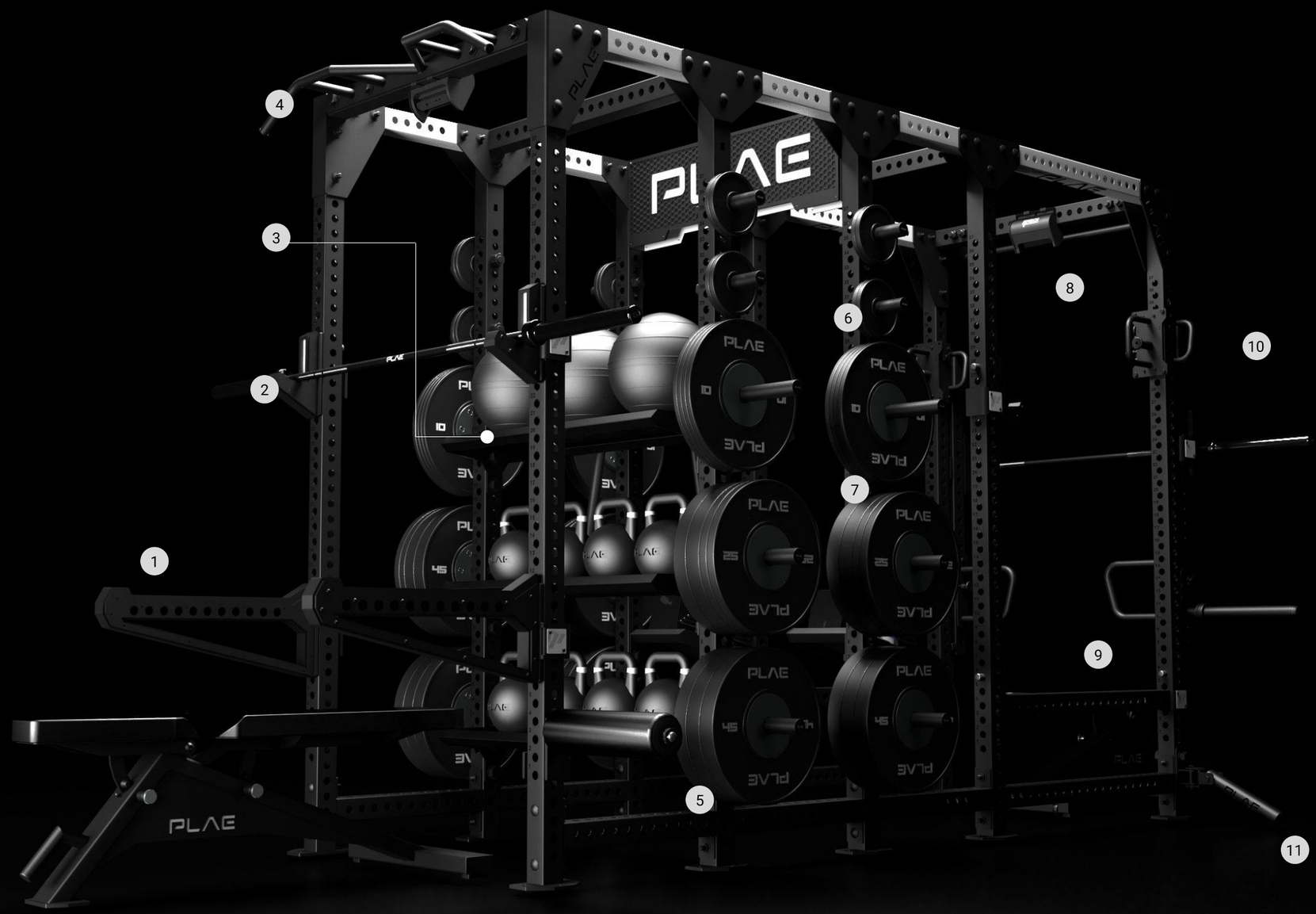


LENGTH	122" | 3098.8mm
OUTSIDE WIDTH	53" | 1346.2mm
HEIGHT	100" | 2540mm
NUMBERED UPRIGHTS	1-37
STEEL	3×3, 11 GAUGE
HARDWARE	BLACK ZINC

AVAILABLE IN 15 ARMR COLORS

ICONx SERIES

1	Spotter Arms
2	J-Cups
3	Storage Shelves
4	Multi-Grip Pull-Up Bar
5	Single Leg Roller
6	6” Weight Horns
7	12” Weight Horns
8	Straight Pull-Up Bar
9	Flip Down Safeties
10	Lever Arms
11	Landmine



ICONx Grille
IX-GR-S1-T1 / T2 / T3 / T4

The ICONx grille is highly versatile and customizable, featuring a much larger design space than the ICON rack. It utilizes a honeycomb design and allows for multiple layers for more intricate logos, providing customers with endless possibilities for personalization.

Standard Grille with PLAE Logo

Landmine
I-A-LM

Versatile, full-body workout tool for functional strength training

Sleeve Tube Length	13”
Tube Diameter	2”
Rubber at end of tube to protect bar	
Available in Standard Black	

Band Hanger
I-A2-BH

Compact storage solution for training and resistance bands

Hooks	5
Hook Length	4.5”
Hardware	1” Black Hex Bolts
Available in Standard Black	

Chain Hanger
I-S-CH

Durable, protective solution for storing chains

Hooks	4
Hanger Length	18.65”
Hardware	1” Black Hex Bolts
Available in Black Cerakote	

Weight Horns
I-S-P-6-BRZ / I-S-P-12-BRZ

Precision machined to resemble barbell ends

Sleeve Length	6” & 12”
Diameter	1.96”
PLAE logo engraved into ends	
Available in Bright Zinc	

18” Single Leg Roller
I-A-SLR

Essential for developing core stability and balance

Peg Diameter	1” Stainless
P-Mark / I-C-PM	15 ARMR Colors
Upholstery	Black
Available in Standard Black	

Straight Pull Up Bar
I-P-ST

Can be mounted facing up or down to increase overall height

Diameter	1.25”
Universal Mount	Up or Down
Overall Length	41.25”
Available in Standard Black	

Multi-Grip Pull Up Bar
I-P-Multi

Offers multiple hand positions for diverse workouts

Diameter	1.25”
Overall Length	49.3”
Hardware	1” Black Hex Bolts
Available in Standard Black	

Extended Arms With Hooks
I-P-EA / Sold in Pairs

Used for plyometric exercises to increase power and explosiveness

Angle	30 Degrees
Overall Length	48.18”
Hardware	1” Black Hex Bolts
Available in Standard Black	

Dip Bar
I-B-DB

Versatile equipment for upper body exercises

Grip Diameter	1.5”
Peg Diameter	1” Stainless
To be used with Dip Bar Storage	
Available in Standard Black	

Dip Bar Storage
I-S-DBS

Compact and convenient Dip Bar storage solution

Height	8.75”
Width	7.25”
Hardware	1” Black Hex Bolts
Available in Standard Black	

Squat Handles
I-SH / Sold in Pairs

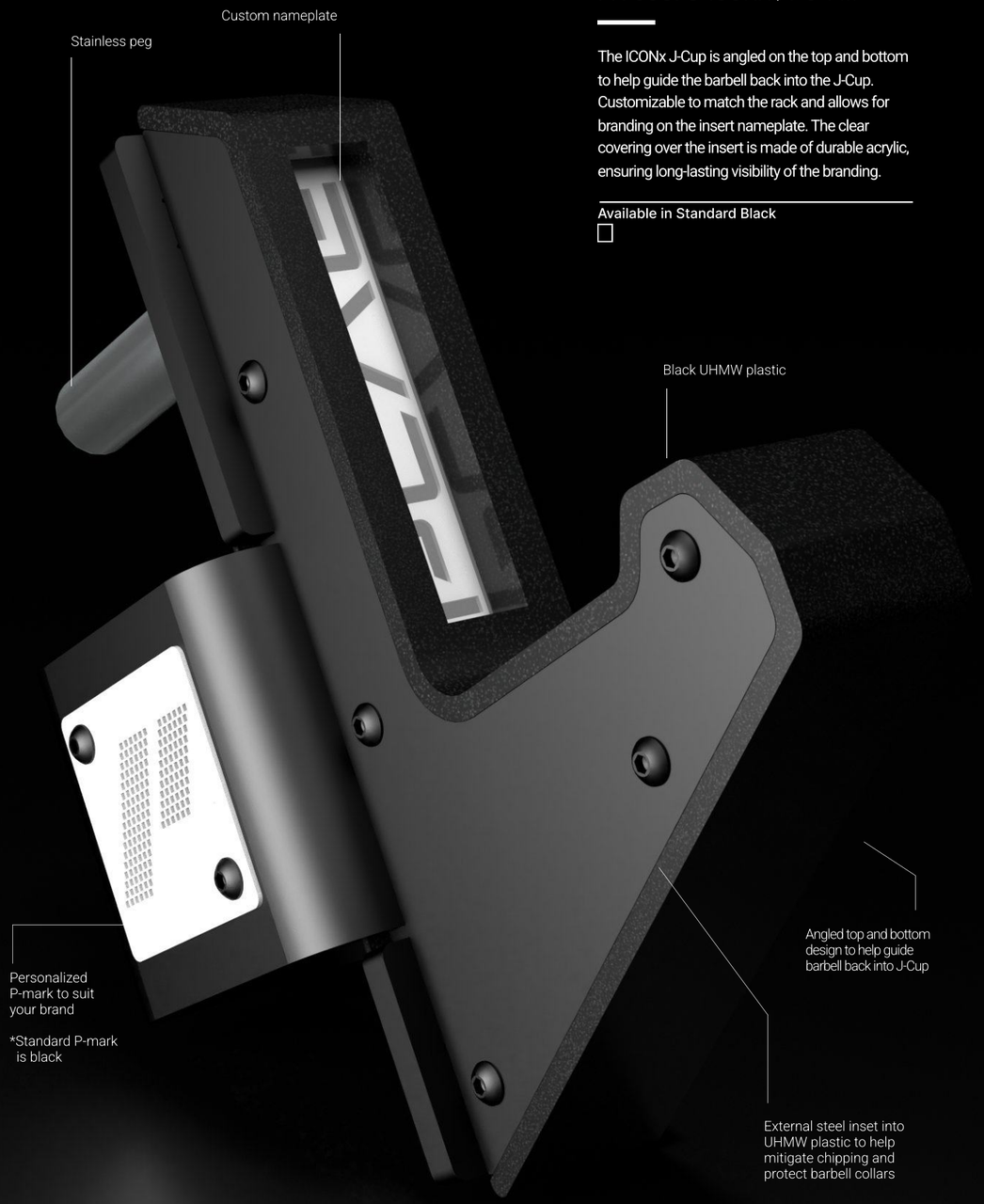
Ergonomic and comfortable grip for use with safety squats

Handles	Machined Stainless
P-Mark / I-C-PM	15 ARMR Colors
Adjustable to any height needed	
Available in Standard Black	

Stability Legs
I -A -STL / Sold in Pairs

Supports banded deadlift, squat and bench movements

Length	30”
Inside Width	43”
Hardware	1” Black Hex Bolts
Available in Standard Black	



ICONx J-Cups
I-A-JCUPS-ICONX / I-C-PM

The ICONx J-Cup is angled on the top and bottom to help guide the barbell back into the J-Cup. Customizable to match the rack and allows for branding on the insert nameplate. The clear covering over the insert is made of durable acrylic, ensuring long-lasting visibility of the branding.

Available in Standard Black

Horiz. Single Bar Storage
I-S-BS-H-1

Bolted to lower rack crossmember for added stability

Sleeve Tube Length	10.38″
Hardware	1″ Black Hex Bolts
Rubber at end of tube to protect bar	

Available in Standard Black

Horiz Double Bar Storage
I-S-BS-H-2

Bolted to lower rack crossmember for added stability

Sleeve Tube Length	10.38″
Hardware	1″ Black Hex Bolts
Rubber at end of tube to protect bar	

Available in Standard Black

Vert Single Bar Storage
I-S-BS-VM-1

Bolted to bottom of rack upright for added stability

Sleeve Tube Length	10.38″
Hardware	1″ Black Hex Bolts
Rubber at end of tube to protect bar	

Available in Standard Black

Vert Double Bar Storage
I-S-BS-VM-2

Bolted to bottom of rack upright for added stability

Sleeve Tube Length	10.38″
Hardware	1″ Black Hex Bolts
Rubber at end of tube to protect bar	

Available in Standard Black

Single Bar Hanging Storage
I-S-BS-1

Space-efficient solution for storing your barbells inside of rack

Length	6.25″
Hardware	1″ Black Hex Bolts
UHMW plastic helps protect barbells	

Available in Standard Black

2 Bar Hanging Storage
I-S-BS-2

Space-efficient solution for storing your barbells inside of rack

Length	10″
Hardware	1″ Black Hex Bolts
UHMW plastic helps protect barbells	

Available in Standard Black

Flip Down Safeties
Sold in Pairs

Space-efficient and easy-to-use safety solution

30″	I-A-FDS-30	43″	I-A-FDS-43
Peg Diameter			1″ Stainless
P-Mark			15 ARMR Colors

Available in Standard Black

Safety Straps
Sold in Pairs

Versatile and adjustable support for lifting

30″	I-A-SS-30	43″	I-A-SS-43
Peg Diameter			1″ Stainless
P-Mark			15 ARMR Colors

Available in Standard Black

Band Peg
I-A2-BP

Used to provide additional resistance while lifting

Length	10.25″
Hardware	Stainless Steel
Weight	2.3 lbs

Available in Stainless Steel

Lever Arms
I-A-T / Sold in Pairs

Versatile and can be used for a variety of exercises

Loadable Sleeve Length	14″
Arm Length	48″
Handle Diameter	1.25″

Available in Standard Black

Utility Seat
I-A2-US

Connects to spotter arms and flip down safeties | Inlaid Rubber

Length	50″
Width	14″
Peg Diameter	1″ Stainless

Available in Standard Black

Daisy Chain
Flexible, adaptable attachment and connection option

71″ | 10″ on center	68"-74"	I-D-71
83″ | 11′ on center	80″-86″	I-D-83
95″ | 12′ on center	92″-98″	I-D-95
119″ | 14′ on center	116″-122″	I-D-119

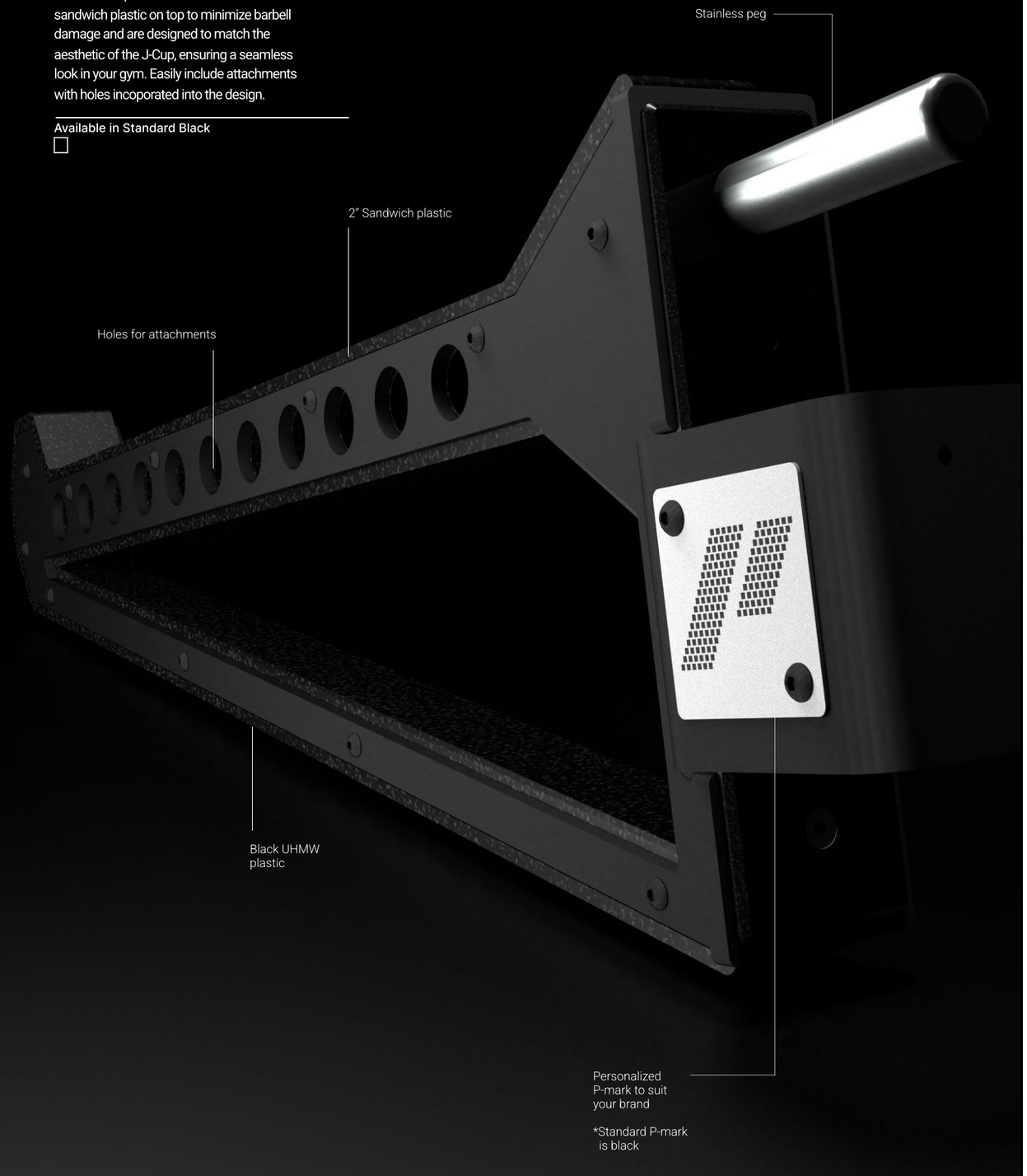
Underneath Branding in White or Black

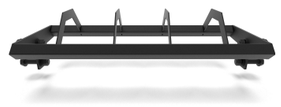
Available in Standard Black

ICONx Sandwich Spotter Arms
I-A-SA-SNDWCH / I-C-PM

The ICONx Spotter Arms feature 2-inch sandwich plastic on top to minimize barbell damage and are designed to match the aesthetic of the J-Cup, ensuring a seamless look in your gym. Easily include attachments with holes incoporated into the design.

Available in Standard Black





43" Bumper Shelf
IX-S-RA-I-BS-43

For use with bumpers to be mounted as lowest shelf

71"	IX-S-RA-BS-71
95"	IX-S-RA-BS-95

Available in Standard Black

43" KB Shelf - Center Mount
IX-S-RA-I-CKB-19-43

For use with Kettlebells

71"	IX-S-RA-KS-71
95"	IX-S-RA-KS-95

Available in Standard Black

43" KB Shelf Narrow - Center Mount
IX-S-RA-I-CKB-13-43

For use when mounting Powerblocks under shelves

ONLY available in 43"

Available in Standard Black

43" KB Shelf - Offset Mount
IX-S-RA-I-OKB-19-43

For use when mounting to back Uprights of Half Rack

ONLY available in 43"

Available in Standard Black

43" KB Shelf Narrow - Offset Mount
IX-S-RA-I-OKB-13-43

For use when mounting to back Uprights of Half Rack

ONLY available in 43"

Available in Standard Black

43" DB Shelf - Flat
IX-S-RA-I-HDS-43

For use with Hex Head Dumbbells

71"	IX-S-RA-HDS-71
95"	IX-S-RA-HDS-95

Available in Standard Black

DB Shelf With Saddles
IX-S-RA-I-RDS-71

For Use With Round Head Dumbbells.

71" - 8 Saddles	IX-S-RA-I-RDS-71
95" - 10 Saddles	IX-S-RA-RDS-95

Available in Standard Black

43" MB Shelf - Center Mount
IX-S-RA-I-MS-43

For use when storing Medballs

71"	IX-S-RA-MS-71
95"	IX-S-RA-MS-95

Available in Standard Black

Rack Mounted Adjustable Dumbbell Shelf - Angled
I-A-PB-A

For use when mounting inside Half Rack

Sold as pair

Available in Standard Black

Rack Mounted Adjustable Dumbbell Handle Shelf
I-A-PB-HS

For use storing extra adjustable dumbbell handles.

Sold as pair

Available in Standard Black

Rack Mounted Adjustable Dumbbell Shelf - Flat
I-A-PB-F

For use when mounting inside Double Sided Rack

Sold as pair

Available in Standard Black

ARMR

ARMR is a premium powder coat finish built to withstand the harshest conditions in any training facility.

ARMR is a dynamic solution, in a wide range of colors, using an ultra-durable coating with superior physical aesthetics. With our unwavering commitment to excellence, ARMR withstands impact, protects against scraps or dents and holds strong against outdoor elements.

Improved Durability
Protective Coating

Provides a tough and durable finish that can withstand the vigors of daily use, as well as exposure to moisture, humidity, and UV light. This can help protect the rack from scratches, dents, and other types of damage.

Enhanced Grip
Increased Safety

The texture provides a non-slip surface, that makes it easier to grip and handle the weight rack.

Corrosion Resistance
Prolong Life and Function

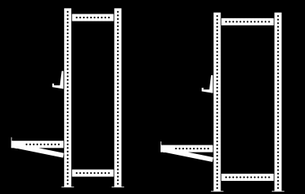
Provides excellent resistance to corrosion, which can be especially important in athletic facilities where sweat and moisture are common. It can help prevent rust and other forms of corrosion, which will prolong the life and function of the weight equipment.

ICON SERIES

The ICON rack is a modular rack system that provides versatility and flexibility to build upon.

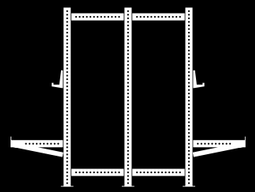
It is designed to be bolted together rather than welded, ensuring a sturdy and customizable structure. The carriage bolts used in the rack are sleeker than 1-inch bolts, giving a clean and polished appearance. With its minimalistic design and practical features, the ICON rack is an excellent choice for those seeking a customizable and sleek rack system.

PROFILE VIEWS

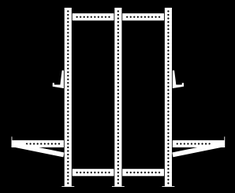


HALF RACK
24

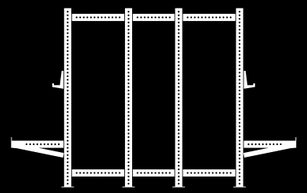
HALF RACK
30



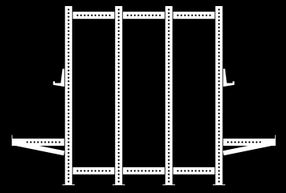
DOUBLE HALF RACK
30, 30



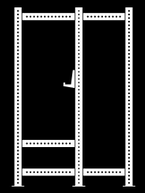
DOUBLE HALF RACK
24, 24



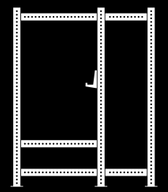
DOUBLE HALF RACK
30, 24, 30



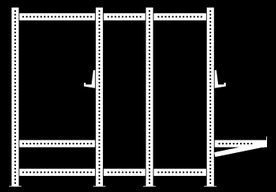
DOUBLE HALF RACK
24, 24, 24



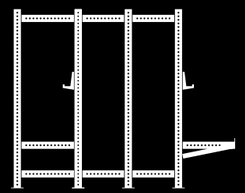
POWER RACK
30, 24



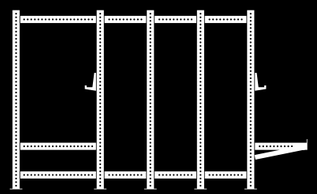
POWER RACK
43, 24



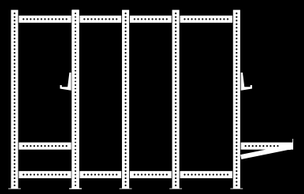
POWER + HALF COMB0
43, 24, 30



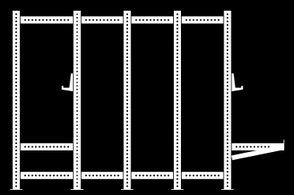
POWER + HALF COMB0
30, 24, 24



POWER + HALF COMB0
43, 24, 24, 24



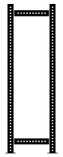
POWER + HALF COMB0
30, 24, 24, 30



POWER + HALF COMB0
30, 24, 24, 24

HALF RACK

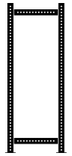
24 | With Stability Legs



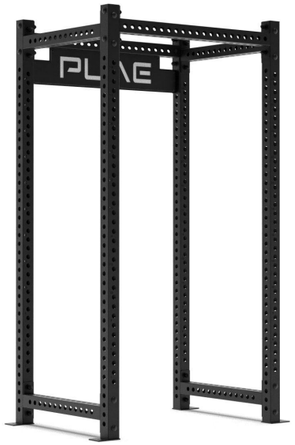
LENGTH	60.375” | 1533.525mm
OUTSIDE WIDTH	54.5” | 1384.3mm
HEIGHT	100” | 2540mm
NUMBERED UPRIGHTS	1-39
STEEL	3×3, 11 GAUGE
HARDWARE	BLACK ZINC
AVAILABLE IN STANDARD BLACK	

HALF RACK

30

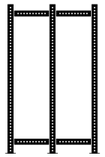


LENGTH	36.75” | 933.45mm
OUTSIDE WIDTH	54.5” | 1384.3mm
HEIGHT	100” | 2540mm
NUMBERED UPRIGHTS	1-39
STEEL	3×3, 11 GAUGE
HARDWARE	BLACK ZINC
AVAILABLE IN 15 ARMR COLORS	



DOUBLE HALF RACK

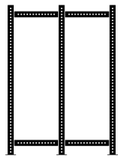
24 | 24



LENGTH	57.75” | 1466.85mm
OUTSIDE WIDTH	54.5” | 1384.3mm
HEIGHT	100” | 2540mm
NUMBERED UPRIGHTS	1-39
STEEL	3×3, 11 GAUGE
HARDWARE	BLACK ZINC
AVAILABLE IN 15 ARMR COLORS	

DOUBLE HALF RACK

30 | 30

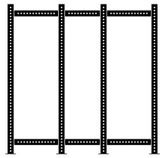


LENGTH	69.75” | 1771.65mm
OUTSIDE WIDTH	54.5” | 1384.3mm
HEIGHT	100” | 2540mm
NUMBERED UPRIGHTS	1-39
STEEL	3×3, 11 GAUGE
HARDWARE	BLACK ZINC

AVAILABLE IN 15 ARMR COLORS

DOUBLE HALF RACK

30 | 24 | 30

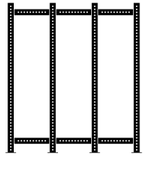


LENGTH	96.75” | 2457.45mm
OUTSIDE WIDTH	54.5” | 1384.3mm
HEIGHT	100” | 2540mm
NUMBERED UPRIGHTS	1-39
STEEL	3×3, 11 GAUGE
HARDWARE	BLACK ZINC

AVAILABLE IN 15 ARMR COLORS

DOUBLE HALF RACK

24 | 24 | 24

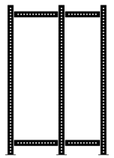


LENGTH	84.75” | 2152.65mm
OUTSIDE WIDTH	54.5” | 1384.3mm
HEIGHT	100” | 2540mm
NUMBERED UPRIGHTS	1-39
STEEL	3×3, 11 GAUGE
HARDWARE	BLACK ZINC

AVAILABLE IN 15 ARMR COLORS

DOUBLE HALF RACK

30 | 24

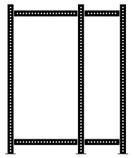


LENGTH	63.75” |1619.25mm
OUTSIDE WIDTH	54.5” | 1384.3mm
HEIGHT	100” | 2540mm
NUMBERED UPRIGHTS	1-39
STEEL	3×3, 11 GAUGE
HARDWARE	BLACK ZINC

AVAILABLE IN 15 ARMR COLORS

POWER RACK

43 | 24

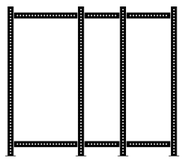


LENGTH	76.75” | 1949.45mm
OUTSIDE WIDTH	54.5” | 1384.3mm
HEIGHT	100” | 2540mm
NUMBERED UPRIGHTS	1-39
STEEL	3×3, 11 GAUGE
HARDWARE	BLACK ZINC

AVAILABLE IN 15 ARMR COLORS

POWER + HALF COMBO

43 | 24 | 30

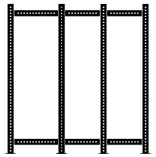


LENGTH	109.75” | 2787.65mm
OUTSIDE WIDTH	54.5” | 1384.3mm
HEIGHT	100” | 2540mm
NUMBERED UPRIGHTS	1-39
STEEL	3×3, 11 GAUGE
HARDWARE	BLACK ZINC

AVAILABLE IN 15 ARMR COLORS

POWER + HALF COMBO

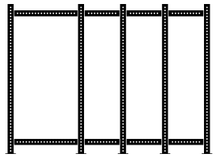
30 | 24 | 24



LENGTH	90.75" | 2305.05mm
OUTSIDE WIDTH	54.5" | 1384.3mm
HEIGHT	100" | 2540mm
NUMBERED UPRIGHTS	1-39
STEEL	3×3, 11 GAUGE
HARDWARE	BLACK ZINC
AVAILABLE IN 15 ARMR COLORS	

POWER + HALF COMBO

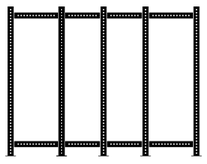
43 | 24 | 24 | 24



LENGTH	130.75" | 1466.85mm
OUTSIDE WIDTH	54.5" | 1384.3mm
HEIGHT	100" | 2540mm
NUMBERED UPRIGHTS	1-39
STEEL	3×3, 11 GAUGE
HARDWARE	BLACK ZINC
AVAILABLE IN 15 ARMR COLORS	

POWER + HALF COMBO

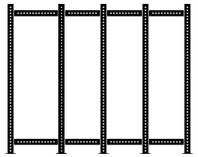
30 | 24 | 24 | 30



LENGTH	123.75" | 3143.25mm
OUTSIDE WIDTH	54.5" | 1384.3mm
HEIGHT	100" | 2540mm
NUMBERED UPRIGHTS	1-39
STEEL	3×3, 11 GAUGE
HARDWARE	BLACK ZINC
AVAILABLE IN 15 ARMR COLORS	

POWER + HALF COMBO

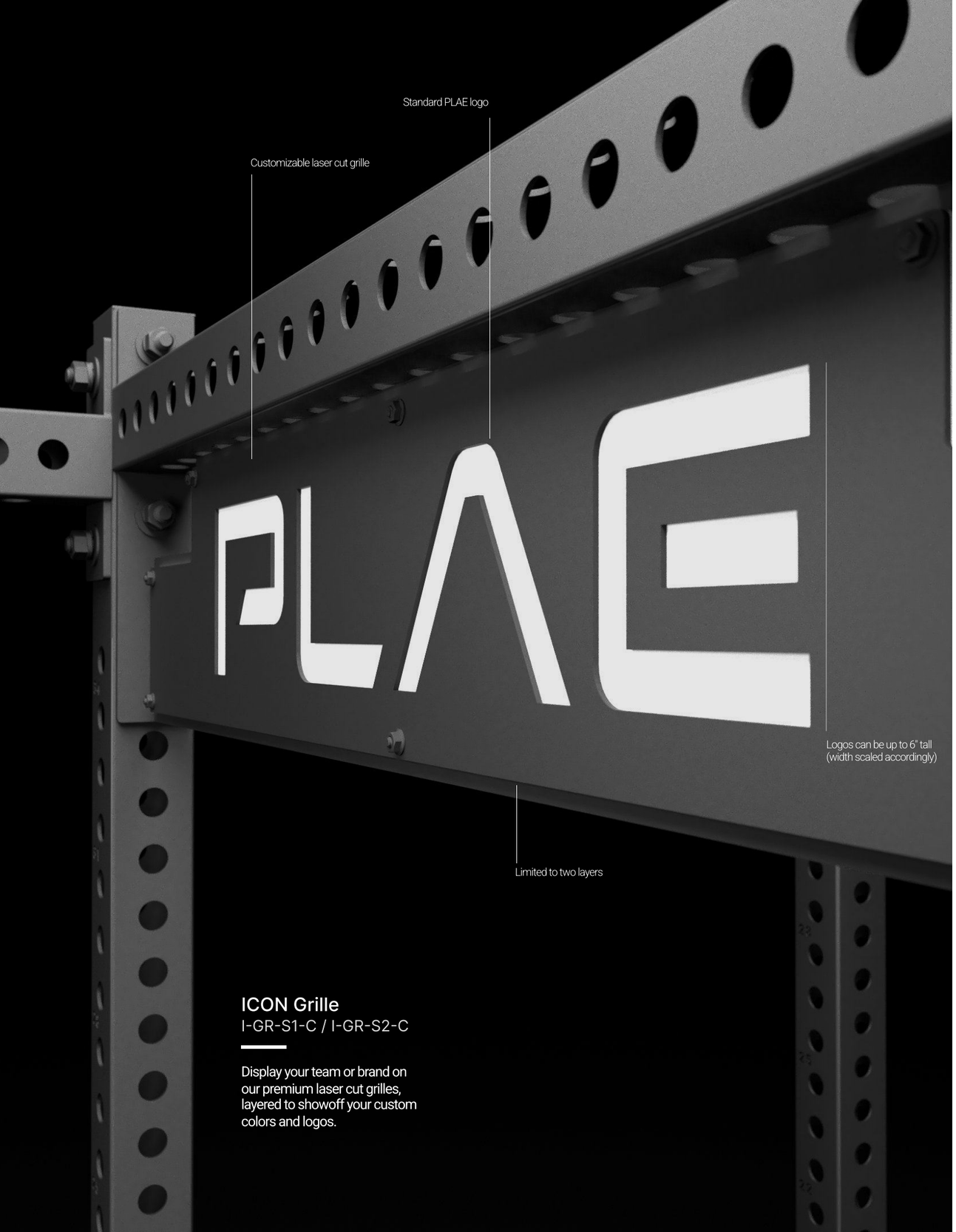
30 | 24 | 24 | 24



LENGTH	117.75" | 2990.85mm
OUTSIDE WIDTH	54.5" | 1384.3mm
HEIGHT	100" | 2540mm
NUMBERED UPRIGHTS	1-39
STEEL	3×3, 11 GAUGE
HARDWARE	BLACK ZINC
AVAILABLE IN 15 ARMR COLORS	

ICON SERIES

1	Spotter Arms
2	J-Cups
3	PB Storage Shelves
4	Straight Pull-Up Bar
5	Single Leg Roller
6	6” Weight Horns
7	12” Weight Horns
8	Multi-Grip Pull-Up Bar
9	Safety Straps
10	Lever Arms
11	Landmine



ICON Grille
I-GR-S1-C / I-GR-S2-C

Display your team or brand on our premium laser cut grilles, layered to showoff your custom colors and logos.

Landmine
I-A-LM

Versatile, full-body workout tool for functional strength training

Sleeve Tube Length	13"
Tube Diameter	2"
Rubber at end of tube to protect bar	
Available in Standard Black	

Band Hanger
I-A2-BH

Compact storage solution for training and resistance bands

Hooks	5
Hook Length	4.5"
Hardware	1" Black Hex Bolts
Available in Standard Black	

Chain Hanger
I-S-CH

Durable, protective solution for storing chains

Hooks	4
Hanger Length	18.65"
Hardware	1" Black Hex Bolts
Available in Black Cerakote	

Weight Horns
I-S-P-6-BRZ / I-S-P-12-BRZ

Precision machined to resemble barbell ends

Sleeve Length	6" & 12"
Diameter	1.96"
PLAE logo engraved into ends	
Available in Bright Zinc	

18" Single Leg Roller
I-A-SLR

Essential for developing core stability and balance

Peg Diameter	1" Stainless
P-Mark	15 ARMR Colors
Upholstery	Black
Available in Standard Black	

Straight Pull Up Bar
I-P-ST

Can be mounted facing up or down to increase overall height

Diameter	1.25"
Universal Mount	Up or Down
Overall Length	41.25"
Available in Standard Black	

Multi-Grip Pull Up Bar
I-P-Multi

Offers multiple hand positions for diverse workouts

Diameter	1.25"
Overall Length	49.3"
Hardware	1" Black Hex Bolts
Available in Standard Black	

Extended Arms With Hooks
I-P-EA / Sold in Pairs

Used for plyometric exercises to increase power and explosiveness

Angle	30 Degrees
Overall Length	48.18"
Hardware	1" Black Hex Bolts
Available in Standard Black	

Dip Bar
I-B-DB

Versatile equipment for upper body exercises

Grip Diameter	1.5"
Peg Diameter	1" Stainless
To be used with Dip Bar Storage	
Available in Standard Black	

Dip Bar Storage
I-S-DBS

Compact and convenient Dip Bar storage solution

Height	8.75"
Width	7.25"
Hardware	1" Black Hex Bolts
Available in Standard Black	

Squat Handles
I-SH / Sold in Pairs

Ergonomic and comfortable grip for use with safety squats

Handles	Machined Stainless
P-Mark	15 ARMR Colors
Adjustable to any height needed	
Available in Standard Black	

Stability Legs
I -A -STL / Sold in Pairs

Supports banded deadlift, squat and bench movements

Length	30"
Inside Width	43"
Hardware	1" Black Hex Bolts
Available in Standard Black	

ICON J-Cups
I-A-JCUPS-ICON / I-C-PM

Protect your rack with the ICON J-cup, including UHMW plastic with inset stainless steel that keeps the rack and barbell collars from chipping.

Available in Standard Black

Horiz. Single Bar Storage
I-S-BS-H-1

Bolted to lower rack crossmember for added stability

Sleeve Tube Length	10.38”
Hardware	1” Black Hex Bolts
Rubber at end of tube to protect bar	

Available in Standard Black

Horiz Double Bar Storage
I-S-BS-H-2

Bolted to lower rack crossmember for added stability

Sleeve Tube Length	10.38”
Hardware	1” Black Hex Bolts
Rubber at end of tube to protect bar	

Available in Standard Black

Vert Single Bar Storage
I-S-BS-VM-1

Bolted to bottom of rack upright for added stability

Sleeve Tube Length	10.38”
Hardware	1” Black Hex Bolts
Rubber at end of tube to protect bar	

Available in Standard Black

Vert Double Bar Storage
I-S-BS-VM-2

Bolted to bottom of rack upright for added stability

Sleeve Tube Length	10.38”
Hardware	1” Black Hex Bolts
Rubber at end of tube to protect bar	

Available in Standard Black

Single Bar Hanging Storage
I-S-BS-1

Space-efficient solution for storing your barbells inside of rack

Length	6.25”
Hardware	1” Black Hex Bolts
UHMW plastic helps protect barbells	

Available in Standard Black

2 Bar Hanging Storage
I-S-BS-2

Space-efficient solution for storing your barbells inside of rack

Length	10”
Hardware	1” Black Hex Bolts
UHMW plastic helps protect barbells	

Available in Standard Black

Flip Down Safeties
Sold in Pairs

Space-efficient and easy-to-use safety solution

30”	I-A-FDS-30	43”	I-A-FDS-43
Peg Diameter		1” Stainless	
P-Mark		15 ARMR Colors	

Available in Standard Black

Safety Straps
Sold in Pairs

Versatile and adjustable support for lifting

30”	I-A-SS-30	43”	I-A-SS-43
Peg Diameter		1” Stainless	
P-Mark		15 ARMR Colors	

Available in Standard Black

Band Peg
I-A2-BP

Used to provide additional resistance while lifting

Length	10.25”
Hardware	Stainless Steel
Weight	2.3 lbs

Available in Stainless Steel

Lever Arms
I-A-T / Sold in Pairs

Versatile and can be used for a variety of exercises

Loadable Sleeve Length	14”
Arm Length	48”
Handle Diameter	1.25”

Available in Standard Black

Utility Seat
I-A2-US

Connects to spotter arms and flip down safeties | Inlaid Rubber

Length	50”
Width	14”
Peg Diameter	1” Stainless

Available in Standard Black

Daisy Chain
Flexible, adaptable attachment and connection option

71” | 10" on center	68"-74"	I-D-71
83” | 11’ on center	80”-86”	I-D-83
95” | 12’ on center	92”-98”	I-D-95
119” | 14’ on center	116”-122”	I-D-119

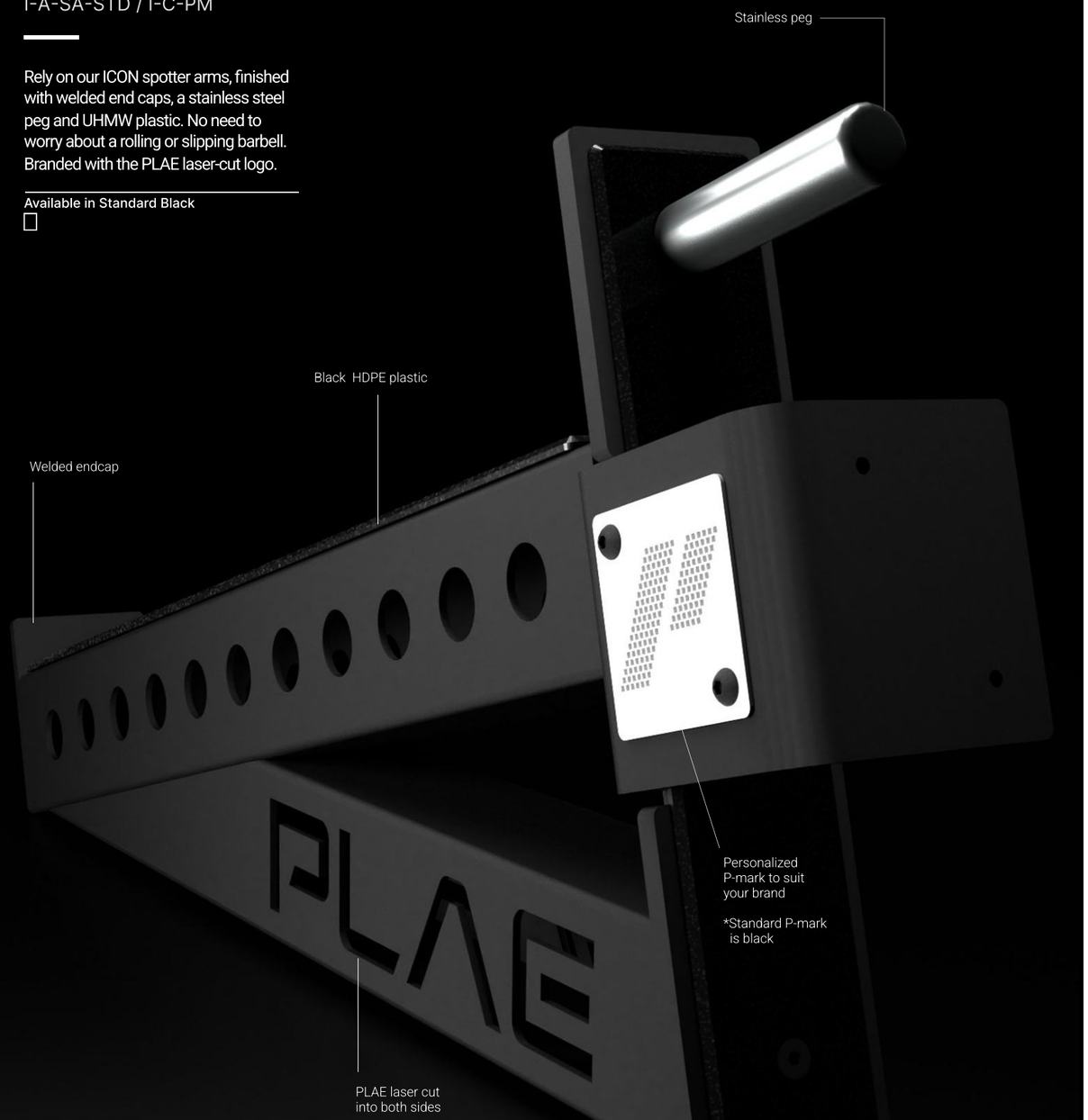
Underneath Branding in White or Black

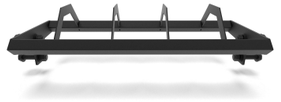
Available in Standard Black

ICON Spotter Arms
I-A-SA-STD / I-C-PM

Rely on our ICON spotter arms, finished with welded end caps, a stainless steel peg and UHMW plastic. No need to worry about a rolling or slipping barbell. Branded with the PLAE laser-cut logo.

Available in Standard Black





43” Bumper Shelf
IX-S-RA-I-BS-43

For use with bumpers to be mounted as lowest shelf

71”	IX-S-RA-BS-71
95”	IX-S-RA-BS-95

Available in Standard Black

43” KB Shelf - Center Mount
IX-S-RA-I-CKB-19-43

For use with Kettlebells

71”	IX-S-RA-KS-71
95”	IX-S-RA-KS-95

Available in Standard Black

43” KB Shelf Narrow - Center Mount
IX-S-RA-I-CKB-13-43

For use when mounting Powerblocks under shelves

ONLY available in 43”

Available in Standard Black

43” KB Shelf - Offset Mount
IX-S-RA-I-OKB-19-43

For use when mounting to back Uprights of Half Rack

ONLY available in 43”

Available in Standard Black

43” KB Shelf Narrow - Offset Mount
IX-S-RA-I-OKB-13-43

For use when mounting to back Uprights of Half Rack

ONLY available in 43”

Available in Standard Black

43” DB Shelf - Flat
IX-S-RA-I-HDS-43

For use with Hex Head Dumbbells

71”	IX-S-RA-HDS-71
95”	IX-S-RA-HDS-95

Available in Standard Black

DB Shelf With Saddles
IX-S-RA-I-RDS-71

For Use With Round Head Dumbbells.

71” - 8 Saddles	IX-S-RA-I-RDS-71
95” - 10 Saddles	IX-S-RA-RDS-95

Available in Standard Black

43” MB Shelf - Center Mount
IX-S-RA-I-MS-43

For use when storing Medballs

71”	IX-S-RA-MS-71
95”	IX-S-RA-MS-95

Available in Standard Black

Rack Mounted Adjustable Dumbbell Shelf - Angled
I-A-PB-A

For use when mounting inside Half Rack

Sold as pair

Available in Standard Black

Rack Mounted Adjustable Dumbbell Handle Shelf
I-A-PB-HS

For use storing extra adjustable dumbbell handles.

Sold as pair

Available in Standard Black

Rack Mounted Adjustable Dumbbell Shelf - Flat
I-A-PB-F

For use when mounting inside Double Sided Rack

Sold as pair

Available in Standard Black

ICON RIGS

PLAE's line of training rigs can transform any space into a functional training facility.

Utilizing many of the same components as our ICON rack, the modular design allows for a variety of training - from barbell work to pull-ups and CrossFit-style workouts. Carriage bolts are used to build our rigs, giving them a polished appearance.

Available in wall-mounting or standalone options, our rigs are made to order to meet each customer's unique needs and leave room for the rig to grow with a facility.

Standalone Rig Station
RIG-SA-B

The Standalone Rig Station is a versatile and space-efficient fitness solution sold as a single cell, measuring 100" tall and 43" deep. It is designed to be modular and can be easily extended using a 71" connecting pull-up bar, making it an ideal option for commercial and rec. facilities alike.

HEIGHT	100” | 2540mm
DEPTH	43” | 1092.2mm
NUMBERED UPRIGHTS	1-37
STEEL	3×3, 11 Gauge
HARDWARE	BLACK ZINC

Available in 15 ARMR COLORS

Rig Pull Up Bar
RIG-P-73

Use in conjunction with the Standalone Rig Station to connect multiple cells together.

Available in black

Wall Mounted Rig Station
RIG-WM-B

The Wall Mounted Rig Station is a compact and customizable fitness option sold as a single cell, measuring 100" in height and 24" in depth. It is designed to be modular and can be easily extended using a 71" connecting pull-up bar, making it a great choice for those with limited space or looking for a more streamlined setup.

HEIGHT	100” | 2540mm
DEPTH	24” | 609.6mm
NUMBERED UPRIGHTS	1-37
STEEL	3×3, 11 GAUGE
HARDWARE	BLACK ZINC

Available in 15 ARMR COLORS

Rig Pull Up Bar
RIG-P-73

Use in conjunction with the Standalone Rig Station to connect multiple cells together.

Available in black

STORAGE

PLAE equipment storage options are designed to protect our premium strength equipment while increasing efficiency in the training facility. Our storage options are unmatched in durability, made with the same 3x3" 11ga steel used to build our ICON and ICONx rack systems.

Our storage systems are available in many options for various training environments and can house most barbells and dumbbells. Available as completely freestanding options, these storage systems use a minimalistic and modular design created to easily work into our ICON and ICONx racks - ensuring an optimal footprint and fully scalable to the size of each facility.

Freestanding 4 Bar Storage

I-S-BS-4

The Freestanding 4 Bar Storage is a space-efficient and versatile addition to any gym, providing a convenient way to store multiple barbells. Its sturdy construction ensures that your bars are securely stored.

Bar Limit	4
Length	26.5”
Width	14.5”

Available in Standard Black

Freestanding 10 Bar Storage

I-S-BS-10

The Freestanding 10 Bar Storage is a highly flexible and space-efficient storage solution providing ample storage space for multiple barbells of different types and sizes. Its robust construction ensures that your bars are securely stored.

Bar Limit	10
Length	26.5”
Width	24.5”

Available in Standard Black

Angled DB Side Frame
IX-S-ADSF

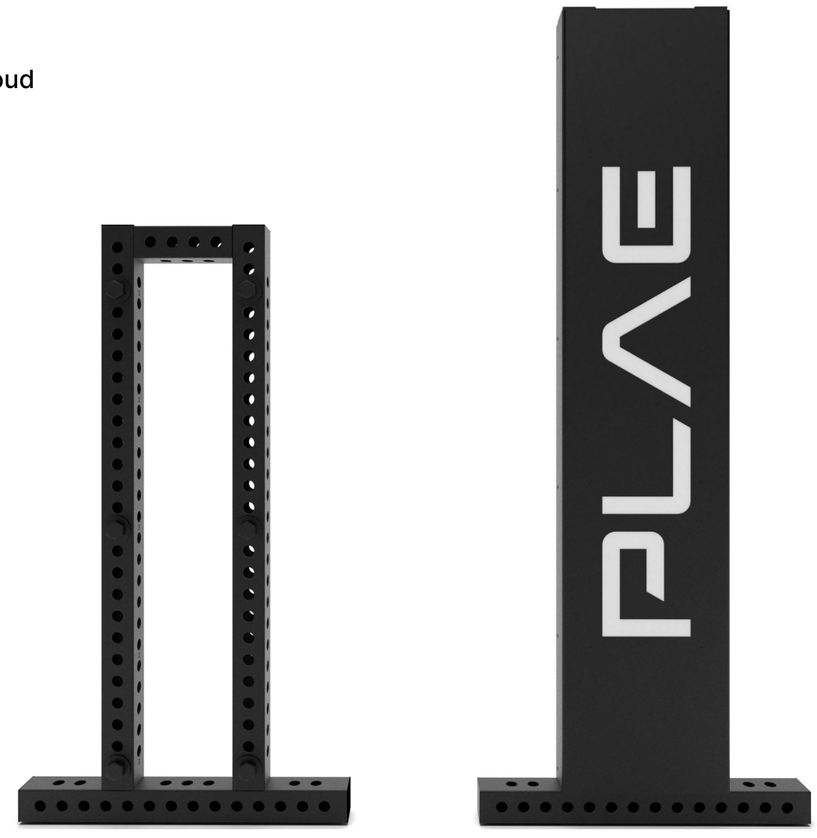
The Angled DB Side Frame is a versatile storage option for all facilities, sold as individual units that can be daisy-chained together to create a custom storage solution. With the ability to use multiple lengths of flat and saddled dumbbell shelves, this storage system provides a practical and flexible way to store a range of dumbbell sizes and types.

Sold as single units

Available in Standard Black

Multi Storage Side Frame
IX-S-SF-55 / IX-S-SF-75

Multi Storage Side Frame Shroud
IX-S-SF-55-SHR / IX-S-SF-75-SHR



Multi Storage Units are an ideal storage solution for any training facility, offering the flexibility of two heights (55" and 75") to suit the needs of each facility. The ability to mix and match shelves for various accessories with three different lengths provides a functional and customizable storage option. The storage unit features laser-cut numbers on the interior uprights, ensuring that each shelf is attached at the correct height for stability and safety. Both frames can be branded with an optional shroud, that includes a single color backing plate for a pop of color.

Sold as single units

Side Frames Available in Standard Black

Shrouds Available in 15 ARMR COLORS

Angled DB Side Frame Shelves

43” DB Shelf - Flat
IX-S-SLF-HDB-43

For Use With Hex Head Dumbbells | Inlaid Rubber

71”	IX-S-SLF-HDB-71
95”	IX-S-SLF-HDB-95

Available in Standard Black

71” DB Shelf With Saddles
IX-S-SLF-RDB-71

For Use With Round Head Dumbbells. 8 Saddles Per Shelf.

95” - 10 Saddles	IX-S-SLF-RDB-95

Available in Standard Black

Multi Storage Side Frame Shelves

43” DB Shelf - Flat
IX-S-SLF-HDB-43

For Use With Hex Head Dumbbells | Inlaid Rubber

71”	IX-S-SLF-HDB-71
95”	IX-S-SLF-HDB-95

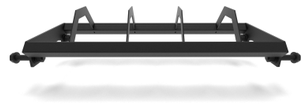
Available in Standard Black

71” DB Shelf With Saddles
IX-S-SLF-RDB-71

For Use With Round Head Dumbbells. 8 Saddles Per Shelf.

95” - 10 Saddles	IX-S-SLF-RDB-95

Available in Standard Black



43” Bumper Shelf
IX-S-SLF-BS-43

For Use With Bumpers To Be Mounted As Lowest Shelf

71”	IX-S-SLF-BS-71
95”	IX-S-SLF-BS-95

Available in Standard Black

43” KB Shelf
IX-S-SLF-KS-43

For Use With Kettlebells Inlaid Rubber

71”	IX-S-SLF-KS-71
95”	IX-S-SLF-KS-95

Available in Standard Black

43” MB Shelf
IX-S-SLF-MB-43

For Use When Storing Medballs

71”	IX-S-SLF-MB-71
95”	IX-S-SLF-MB-95

Available in Standard Black

ADJ. BENCH

The PLAE Adjustable Bench is a versatile and durable workout bench that is perfect for athletes of all levels.

It features multiple back positions, allowing users to adjust the angle to suit their desired preference. Both the seat and back pads provide multiple settings, providing comfortable seating for any workout routine.

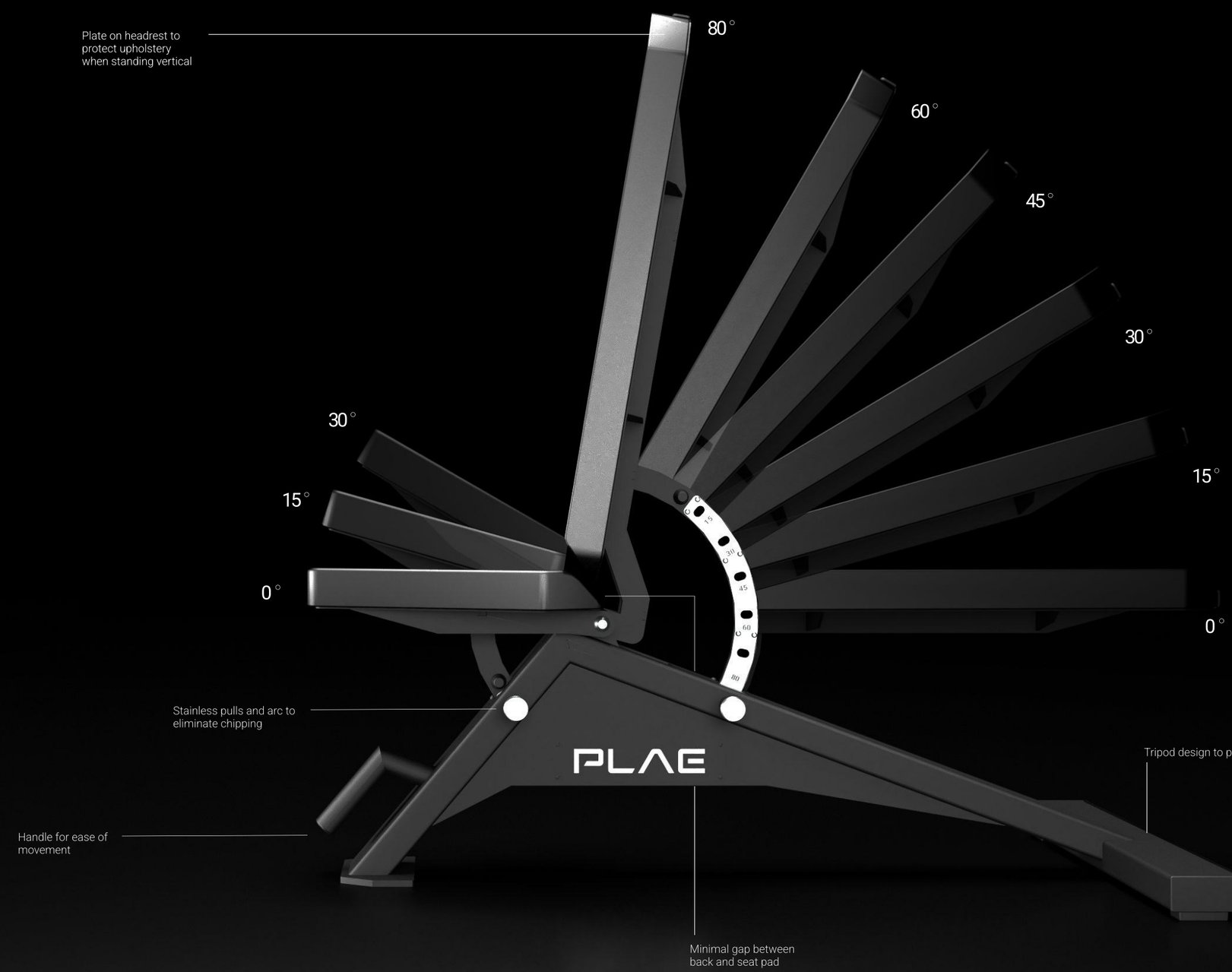
The bench is double-sheered for structural integrity, ensuring that it can withstand even the most intense workouts. Additionally, it features hidden wheels or inset wheels, which not only improve its aesthetics but also reduce tripping hazards in the workout area.

Adjustable Bench

I-BE-A

With the ability to stand the bench up vertically for storage, the PLAE Adjustable Bench is perfect for facilities or home gyms with limited space. It also features a minimal gap between the back pad and seat, ensuring maximum comfort during exercises. The bench back pad tapers from 13” at it’s widest down to 9.6” at it’s narrowest and is 2.4” thick. Stainless steel pull and arc pieces eliminate chipping, ensuring that the bench stays in top condition.

Both the bench frame and PLAE logo can be customized in any of our 15 ARMR colors.



CABLE MACHINES

PLAE's line of cable machines redefine fitness versatility.

The Adjustable Cable Tower and Lat Pull Down Low Row are each 100" tall, allowing them to integrate seamlessly into both the ICON and ICONx racks. Each cable machine comes with the option of a branded shroud to proudly display your team's name and colors.

PLAE's cable machines come complete with all the necessary hardware for mounting to our rack uprights and daisy chains, and they also include a base for a free-standing setup.

LAT PULL DOWN LOW ROW

I-PL-LPLR-100 | I-PL-LPLPR-100SH

The PLAE Lat Pulldown Low Row Machine is engineered with precision, durability and user experience at its forefront. This extraordinary machine is tailored to meet the needs of both ICON Racks and ICONx Racks, offering an ideal solution for a wide range of fitness enthusiasts.

ADJUSTABLE CABLE TOWER

I-PL-CT-100 | I-PL-CT-100SH

Designed at a height of 100" for ICON and ICONx Racks, the PLAE adjustable cable column has a wide range of floor, upright, or daisy chain mounting options, to integrate into your weight room. With its versatile pulley system, this cable column offers an impressive 35 varying height options, allowing you to target specific muscle groups and perform a wide array of exercises as you pull up to 300lbs in 10lbs increments. The swivel pulley adds another dimension to your training, enabling natural and unrestricted movement patterns through multiple planes.

PLATE LOADED

Elevate Human Performance with PLAE's Plate Loaded Lineup.

PLAE's plate loaded line includes the Glute Ham Developer, Reverse Hyper and Iso Leg Press, designed to improve human performance. These machines target the posterior chain, core muscles, and leg strength, making them essential for athletes seeking better lower body strength and stability.

PLAE's plate loaded series is a top choice for serious strength and conditioning goals.

GHD / REVERSE HYPER

P-GHRH-24

With its sleek, all-black design, the PLAE Glute Ham Developer/Reverse Hyper effortlessly blends into any training facility. Crafted with unparalleled precision, every weld and manufacturing detail of the Glute Ham Developer/Reverse Hyper is executed flawlessly through robotic welding, ensuring exceptional durability and longevity.

ISO LEG PRESS

P-ILP-19

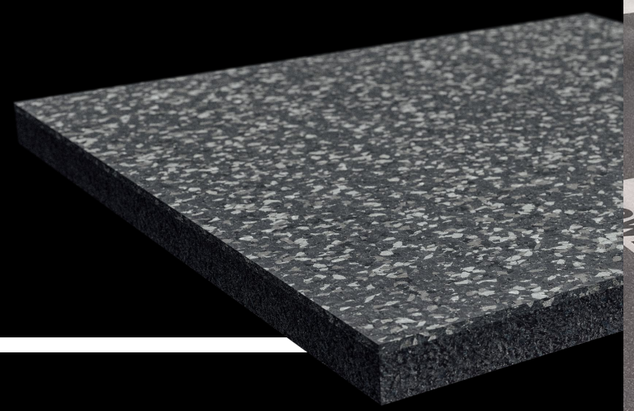
The PLAE Iso Leg Press fuses exceptional quality and innovative design to elevate your training experience. Crafted with precision, every aspect of the machine showcases unparalleled craftsmanship, including robotic welded joints and industry leading manufacturing. Its stainless steel exterior ensures both durability and sleek aesthetics, making it a standout addition to any weight room.

FLOORING

001 ACHIEVE RUBBER
002 FORGE RUBBER
003 STEALTH SOUND MITIGATION
004 EXCEED MULTIPURPOSE
005 ATTACK TURF
006 BLITZ TURF
007 STRYKER MODULAR TURF

RUBBER

ACHIEVE



Loughborough University

Loughborough, England

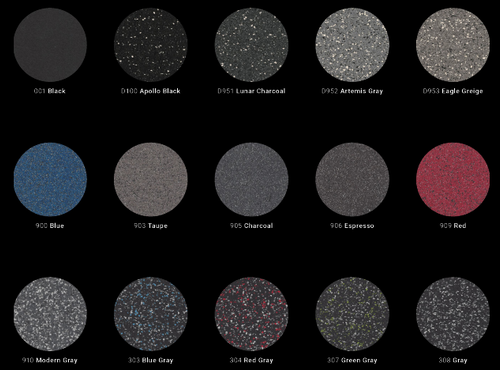
Achieve rubber is the most in-demand flooring product in the industry because it was designed specifically with input from some of the most respected strength coaches in the world. Achieve's patented makeup fuses together its multi layer system that provides explosive energy return, optimizing performance without sacrificing athlete safety. It protects the underlying surface from damage caused by heavy equipment and absorbs shock to provide a stable surface for weightlifting, running and other high-impact activities.

PHYSICAL CHARACTERISTICS

Surface: Smooth, seamless, solid-grip
Thickness: 8mm, 13mm, 18mm
Wear Layer: 3mm
Underlayment: 5mm, 10mm, 15mm
Weight per Area: 1.5, 2.7, 4.1 lbs/sq. foot
Roll Length: 8mm - 25' or 50', 13mm - 35', 18mm - 25'
Roll Width: 4'

Achieve's performance characteristics are highlighted in weight room applications. Other uses include athletic and military training facilities, fitness centers, locker rooms, etc.

Available in various color options to match your school or organization's branding, Achieve rubber is a high-quality flooring solution for any indoor training space.



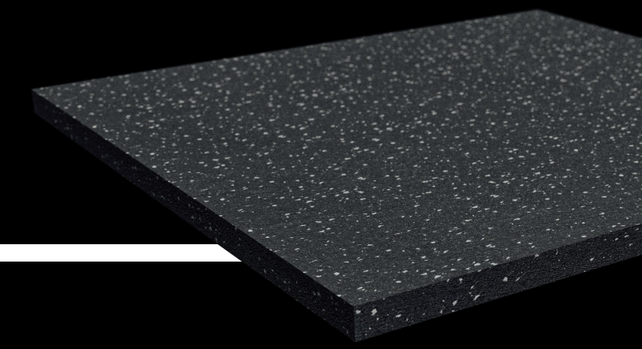
CUSTOM ACHIEVE

Bring your brand to life with a huge range of customization options to show your logo on our Achieve Rubber.

Ask your sales rep for more details.

RUBBER

FORGE



Marine Corps Base

Quantico, Virginia

Forge utilizes many of the unique characteristics that make Achieve so popular. It delivers solid-grip technology and a dense reclaimed rubber composition designed for maximum charge and absorption. Engineered to take a beating, Forge provides a low-cost alternative to Achieve, built on a single-layer concept and durable design that absorbs shock, reduces barbell bounce and returns natural energy for a safe, dynamic workout. Due to its simplistic design, Forge can also be installed in outdoor training environments.

PHYSICAL CHARACTERISTICS

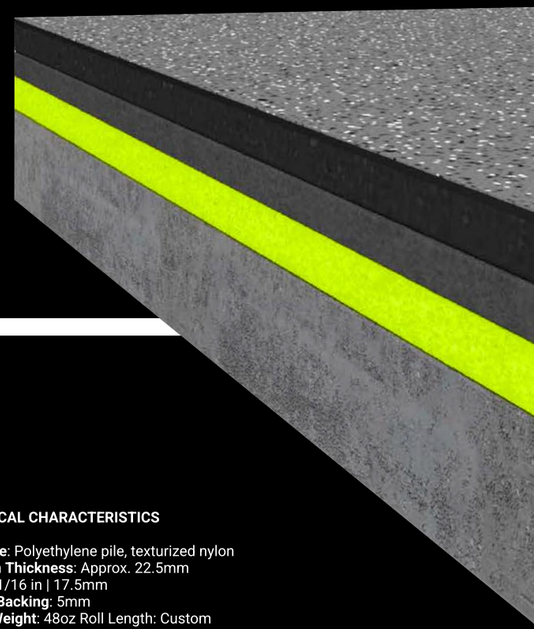
Surface: Smooth, seamless, solid-grip
Thickness: 12mm
Weight per Area: 2.7 lbs/sq. foot
Roll Length: 30'
Roll Width: 4'

Forge's performance characteristics are highlighted in outdoor applications.

Unlike our other rubber systems, Forge comes in only one color and thickness, allowing us to minimize cost without compromising product integrity.

SOUND MITIGATION

STEALTH



Fitness First Bondi Platinum

Sydney, Australia

Stealth sound mitigation flooring harnesses proven technologies to deliver sound-killing subfloor systems and reduce unwanted noise in training facilities. Large open spaces constructed with high ceilings and hard walls and floors reflect sound not only back into the space, but throughout the building. PLAE's partnership with Getzner combines more than 50 years of experience in sound mitigation with our expertise in sports performance solutions by fusing our revolutionary Achieve rubber with acoustic and stability layers to minimize sound and vibrations.

Stealth is perfect for office spaces, multilevel buildings, athletic performance facilities and more.

PRODUCTS:
Achieve rubber, ICONx Racks, Dumbbells, Kettlebells, Adjustable Pulley Systems, Adjustable Bench

PHYSICAL CHARACTERISTICS

Surface: Polyethylene pile, texturized nylon
Thatch Thickness: Approx. 22.5mm
Pile: 11/16 in | 17.5mm
Foam Backing: 5mm
Face Weight: 48oz Roll Length: Custom
Roll Width: 15'

EXCEED

POWERFULLY VERSATILE, *BUILT FOR EVERY SPACE*

From high-intensity training zones to sophisticated lobbies, and from versatile multi-use spaces to indoor/outdoor courts and tracks, Exceed's comprehensive flooring range ensures seamless coordination across every environment. Engineered for optimal support and resilience, our floors are designed to endure the most rigorous workouts and the everyday demands of foot traffic.

Exceed delivers unrivaled precision, performance, and aesthetics transitioning your spaces into functional powerhouses with visual impact throughout.

VERSATILE APPLICATION

A balanced offering that suits a variety of athletic spaces, making the choice straight forward and hassle-free.

SIMPLIFIED DECISION MAKING

Perfect for multipurpose spaces, courts, and tracks, Exceed provides the perfect balance of support and resilience across all areas of your facility.

VISUAL COORDINATION

Complements any aesthetics, providing a seamless transition between high-performance and general-use areas.

KEY FEATURES:

MULTI-USE COMPATIBILITY: Suitable for a variety of athletic, court, and non-athletic areas, reducing the need for multiple types of flooring.

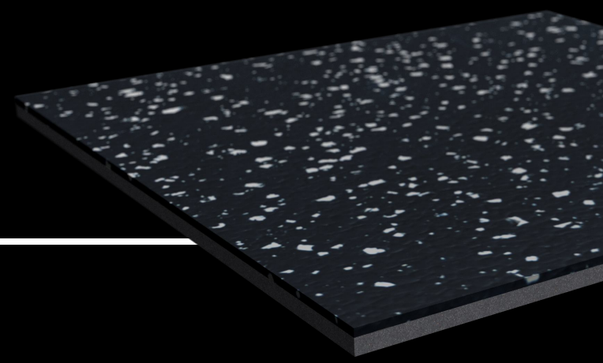
DESIGN: Each Exceed option adds visual interest, coordinates with other flooring types, and minimizes visible signs of dirt and wear.

NON-POROUS SURFACE: Easy to clean and maintain, ensuring a hygienic and professional environment at all times.

SHOCK ABSORPTION: Designed to meet the needs of multipurpose areas, offering both safety and comfort to users.

DURABLE HIGH-PERFORMANCE FOR DIVERSE TRAINING APPLICATIONS

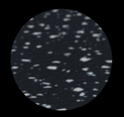
EXCEED PREMIER



Features a flecked design, ideal for free weight areas, pin-loaded zones, cardio decks, and multipurpose athletic spaces, including functional training and recovery zones.

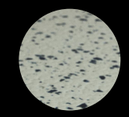
PHYSICAL CHARACTERISTICS

Surface: Smooth, non-porous, abrasion resistant
Thickness: 9mm
Form: Roll
Length: 15m
Width: 4’
Colors Available: 3



BLACK/WHITE

CHARCOAL



STONE

MULTI-PURPOSE PREMIUM SOLUTION FOR A VARIETY OF ENVIRONMENTS

EXCEED VERSA

Our most versatile flooring option, showcasing a marbled design that makes it ideal for free weight areas, cardio decks, recovery zones, offices, and high-traffic common spaces such as lobbies, nutrition zones, and childcare areas. Exceed Versa is also suitable for pickleball and racquetball courts.

PHYSICAL CHARACTERISTICS

Surface: Smooth, non-porous
Thickness: 7mm
Form: Roll
Length: 15m
Width: 4'
Colors Available: 3

STONE

MAPLE

CHARCOAL

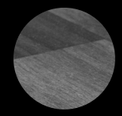
SMOOTH NATURAL FINISH DESIGNED FOR COURTS AND STUDIO SPACES

EXCEED STUDIO

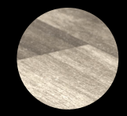
Designed with a natural wood grain appearance, this option is perfect for yoga studios, group exercise spaces, physical therapy areas, office environments, and high-traffic common areas. Exceed Studio is also suitable for pickle ball and basketball courts.

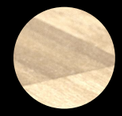
PHYSICAL CHARACTERISTICS

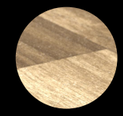
Surface: Vinyl
Thickness: 7mm, 12mm
Form: Roll
Length: 30'
Width: 6'
Colors Available: 7


GRAYWOOD

BRIARSMOKE


DRIFTWOOD


MAPLE


ASH

BRAZILIAN

WALNUT

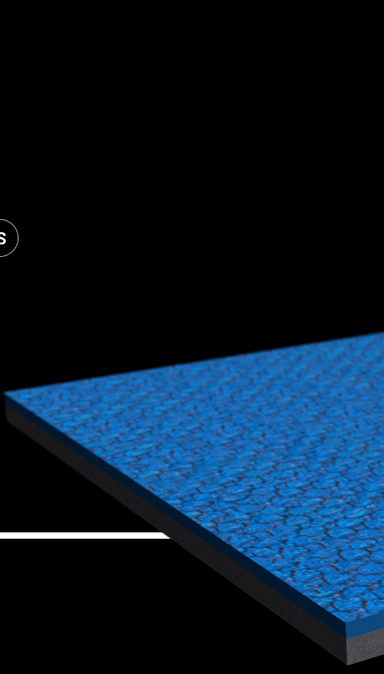
SUPERIOR TRACTION FOR FAST-PACED, HIGH-IMPACT ACTIVITIES

EXCEED TEMPO

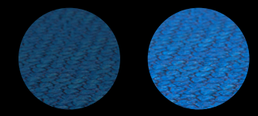
A non-porous indoor/outdoor track surface featuring an omni-directional, spike-resistant top layer. Exceed Tempo is intended for performance use and also suitable for spike-resistant hallways.

PHYSICAL CHARACTERISTICS

Surface: embossed, uniform textured, non-porous
Thickness: 13.5mm
Form: Roll
Length: 15m
Width: 4′
Colors Available: 5



CHARCOAL GREEN RED



NAVY SKY BLUE

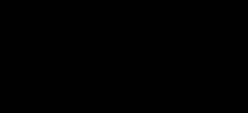
DEPENDABLE PERFORMANCE BUILT FOR MULTI-SPORT COURT SETTINGS

EXCEED ULTRA

A non-porous indoor/outdoor court option with a dimensional top layer for enhanced performance.

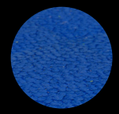
PHYSICAL CHARACTERISTICS

Surface: uniform, textured, non-porous
Thickness: 8mm
Form: Roll
Length: 20m
Width: 4′
Colors Available: 4

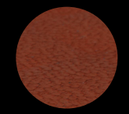


DEEP GRAY

GREEN



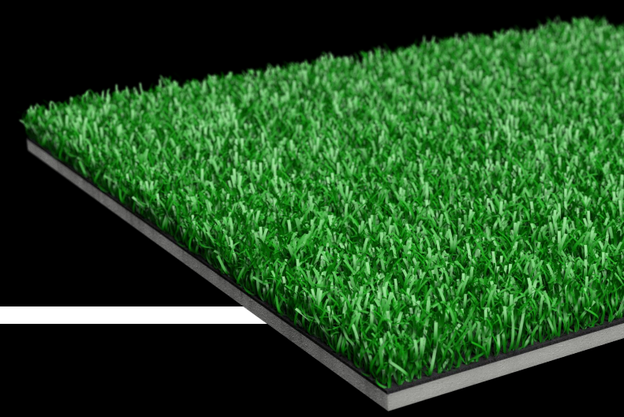
SKY BLUE



RED

TURF

ATTACK



Southeast Missouri State

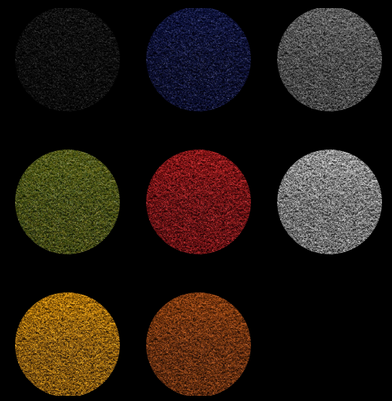
Cape Girardeau, Missouri

Attack revolutionizes synthetic grass design, introducing a robust and aggressive system crafted to prioritize safety, exceptional performance and a sleek appearance. Its top-tier foam underlayment is designed to absorb shock and provide optimal energy return, and its superior durability resists wear and tear, making it cost-effective for facility owners by eliminating the need for regular maintenance or repair. Attack also efficiently drains water, maintaining optimal condition and preventing slips to increase safety and function.

Attack's added potential for branding and custom color options enhances the overall facility experience, creating an atmosphere that invites high-quality training.

PHYSICAL CHARACTERISTICS

Surface: Soft, short grass appearance
Thickness: Approx. 20mm
Pile: 14.2 mm
Foam Backing: 5mm
Weight per Area: 117.5oz/sq. yard
Roll Length: Custom
Roll Width: 15'



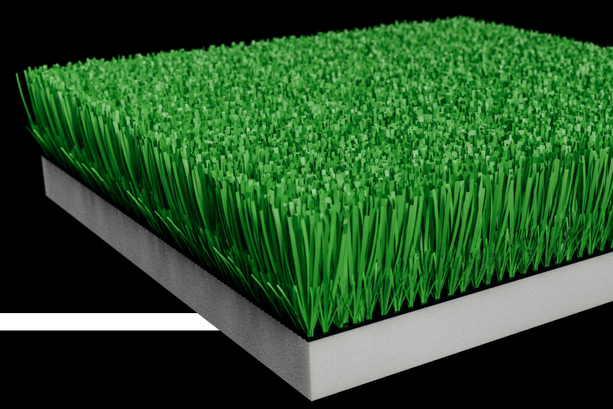
CUSTOM ATTACK

Bring your brand to life with a huge range of customization options to show your logo on our Attack Turf.

Ask your sales rep for more details.

TURF

BLITZ



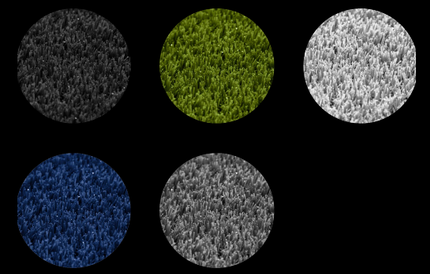
Florida Gulf Coast University
Fort Myers, Florida

Blitz combines polyethylene and textured nylon fibers to create a system that balances comfort and strength, making it suitable for even the most challenging tasks. When fused with a top-quality energy layer, this system can be effortlessly adhered to almost any surface, delivering a high-performance turf that excels in durability and safety, setting the benchmark for the industry.

Blitz is best highlighted in an indoor training setting but also offers an excellent solution for outdoor athletic fields and multipurpose recreational areas.

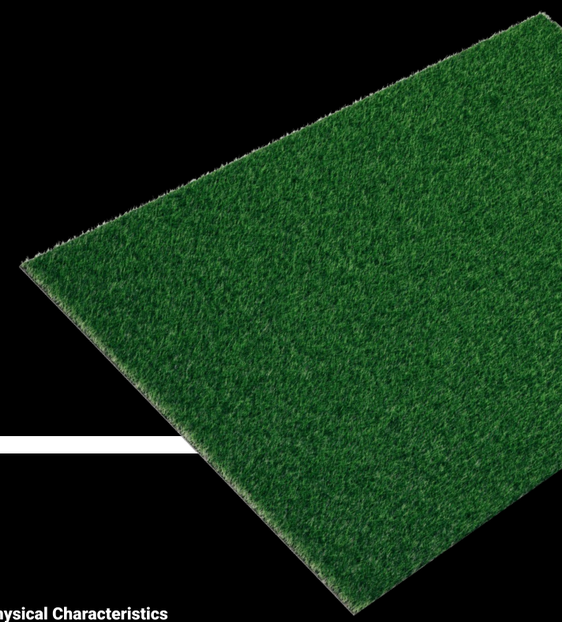
PHYSICAL CHARACTERISTICS

Surface: Polyethylene pile, texturized nylon
Thatch Thickness: Approx. 22.5mm
Pile: 11/16 in | 17.5mm
Foam Backing: 5mm
Face Weight: 48oz Roll Length: Custom
Roll Width: 15’



MODULAR TURF

STRYKER



Indoor Court Conversion

Lexington, KY

Stryker is a tiled turf system that brings world-class to indoor and outdoor environments. Utilizing a lightweight and modular design, Stryker features a hook and Velcro system to connect the tiles, allowing for quick installation and take down within a few hours. Its backing layer keeps fibers in place, ensuring a long-lasting product that does not require consistent maintenance or replacing.

On-demand training wherever you need it, Stryker can be used indoors and outdoors and customized with custom logos and line markings.

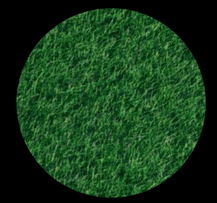
Physical Characteristics

STRYKER : 1.0 IN PILE : 25.4 MM

+ PERFORMANCE TRAINING
+ RECREATION
+ MULTIPURPOSE USE
+ ACCOMMODATES RUBBER-SOLED SHOES

STRYKER PRO : 1.375 IN PILE : 34.925 MM

+ FOOTBALL
+ SOCCER
+ LACROSSE
+ ACCOMMODATES RUBBER CLEATS



CASE STUDIES

001 UNIVERSITY OF FLORIDA
002 NICK BARE
003 ST. JOEYS
004 UNIVERSITY OF KENTUCKY

2022

THE UNIVERSITY OF FLORIDA

James W. “Bill” Heavener Football Training Center

Gainesville, FL

The 2022 season marked the beginning of a new era for the University of Florida Football, including the opening of the James W. “Bill” Heavener Football Training Center.

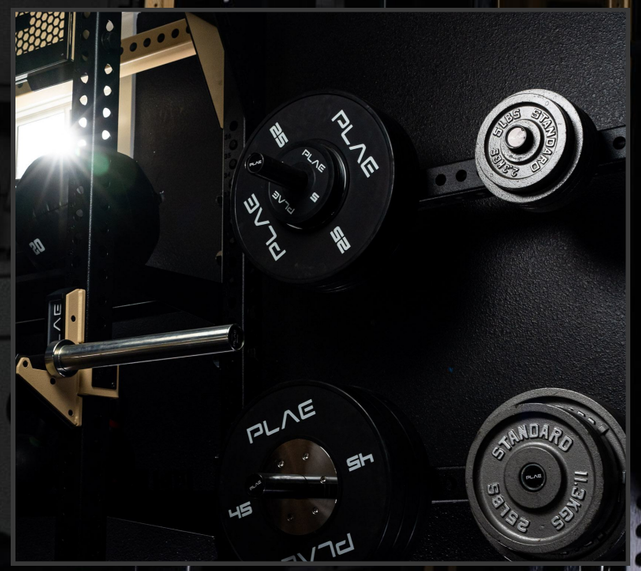
With the introduction of a new coaching staff, Coach Mark Hocke, Director of Football Strength and Conditioning, knew it was important to make a statement with the program’s new training facilities. PLAE partnered with Coach Hocke to create a next-level experience for the Gators - from flooring to a custom-built rack configuration, attachments and accessories.

The weight room features PLAE ICONx racks with branded J-cups, branded gussets, crossmembers and grilles, Gator Box storage systems and lat pulldown machines. Sparing no attention to detail, the crossmembers feature UF Head Coach Bill Napier’s core values that lay the foundation for the football program.

PRODUCTS:
Achieve rubber, Attack turf, ICONx Racks, Vault storage systems, Adjustable Bench

> “WE’RE TRYING TO DEVELOP MEN NOT ONLY ON THE FIELD, BUT OFF THE FIELD, AND A LOT OF THAT IS INSTILLED IN THIS WEIGHT ROOM.”
>
> **Coach Mark Hocke**

In addition to the racks, the weight room also features the strongest flooring system duo in the world, Achieve 18mm rubber and Attack turf - both with custom logos and line markings designed to match Florida’s brand and specific training needs.



2022

NICK BARE

Nick Bare Residence

Austin, Texas

Nick Bare is the Founder and CCO of Bare Performance Nutrition (BPN), an United States Army Infantry Veteran and fitness enthusiast. While known best his running conquests, including the Leadville 100 race in 2021, Nick's training consists of a hybrid method that combines running and strength training to help him achieve whatever goal he's striving for.

After working with PLAE to outfit the BPN HQ gym with rubber and turf as an added incentive for employees, Nick reached out to create a custom solution for his new home's garage gym that would allow for the variability of his training.

The GO ONE MORE ICONx rack was customized specifically for Nick Bare's training program. The setup features a branded rack, adjustable bench, dumbbell storage, plate storage, lat pull-down/low row cable system, plates and barbells.

In addition to equipment, Nick's home gym is covered with 18mm Achieve rubber throughout with an inlaid lifting platform featuring his personalized "B" logo.

PRODUCTS:
Achieve rubber, ICONx Rack, Adjustable Bench, Dumbbell Storage, Plate Storage, Lat Pull-Down/Low Row Cable System, Bumper Plates and Barbells

2022

ST. JOEYS

St Joseph's College, Hunters Hill

Hunters Hill, NSW

St Joseph's College Hunters Hill (Joeys) has forever been enriched with a strong sporting culture. Ingrained in their curriculum is encouraging all students to participate in competitive sports year-round as an integral part of the balanced student program. Their successful history reflects this, with 127 GPS titles across eight different sports and a record 57 Australian Wallabies representatives.

To help cater to such a wide-ranging program with high numbers of student-athletes, the college invested in the newly-constructed Healy Centre, honoring a key figure in the school's sporting and physical education history, John Healy OAM.

The training areas of the facility are split over two levels, with a conditioning room downstairs supplemented by a fully equipped high-performance and rehab center upstairs. This design brought challenges in itself, and PLAE was able to combat various construction, sub-floor height and acoustic hurdles to successfully create a flooring system across both levels. Utilizing Achieve 18mm rubber and Attack turf allows training and movement without restrictions, trip hazards or flow issues with large groups.

PRODUCTS:
Achieve rubber, Attack turf, ICONx Racks, Bumper Plates, Dumbbells

> "...not only a gym, but a very important classroom."
> **Coaching Staff**

Atop the flooring proudly sits eight PLAE ICON Racks, the first-ever for the Australian market. These double half racks, complete with a range of attachments and emblazoned with Joey's logo on the feature nameplate grille, provide the training centerpiece for the facility.

Supplemented by custom plates, dumbbells and accessories, with the Joeys blue theme consistent throughout, the facility provides options for all facets of high school athletic training, rehab and performance. PLAE undertook close consultation and collaboration with the school, the project managers, architects and builders to ultimately lead to a landmark high school training facility that will undoubtedly foster the next generation of elite Australian athletes. In the words of their coaching staff, PLAE was able to help design and build "not only a gym but a very important classroom.

2022

THE UNIVERSITY OF KENTUCKY

Johnson Center

Lexington, KY

In a recent student satisfaction survey, the University of Kentucky (UK)'s Student Recreation department realized that more students were focused on strength training and power rack stations. To meet the demand, the racquetball court area at the Johnson Center was repurposed and transformed into a dedicated workout space.

With only 800 feet of space to work with in the existing space, the UK Campus Recreation team tasked us with creating a custom setup that would be seen as a one-stop-shop for students while ensuring the safety of users.

Alongside the UK Campus Recreation team, we were able to develop a narrow rack concept that allowed for a defined pathway down the center of the room. This allowed for sufficient space for students to navigate the room without interfering with other lifters.

PRODUCTS:
Achieve rubber, ICONx Racks, Dumbbells, Kettlebells, Adjustable Pulley Systems, Adjustable Bench

The six PLAE ICONx rack stations (the first campus recreation facility in the world to utilize these racks) were designed to stand out, utilizing the university's iconic logos and color scheme. The setup features barbells, bumper plates and adjustable benches, adjustable pulley systems, dumbbells, kettlebells and other accessories needed for an all-inclusive workout. Paired with our Achieve rubber flooring and inlaid Olympic lifting platforms, the room is completely functional and allows for a variety of programming all within the same space.

For those who
Refuse Second Best.

Address

United States
190 Etowah Industrial Court
Canton, Georgia 30114
+1.404.645.7900

United Kingdom
7 Bell Yard
London, England WC2A 2JR
+44 7917 693720

Australia
16 Christine Avenue
Burleigh Heads QLD 4220
+61.409.859.335

Website

https://plae.global

Email

contact@plae.us

Social Media

Follow us on Instagram
@plaeglobal